

Ron Smith Care Centre @ ELPHIN LODGE



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Sharing kindness with fellow seniors

More than 300 homemade biscuits, generous donations and heartfelt messages brought smiles to older persons in Springs as RSCC embraced the spirit of Mandela Day.

Throughout July, RSCC residents, families and staff, with residents from Elphin Lodge, collected non-perishable food items and toiletries for older persons living at the Presidentia municipal housing complex in Springs. The initiative was conducted in partnership with Serenity Senior Services, a non-profit organisation supporting vulnerable seniors.

The kindness continued on July 14 when RSCC residents baked more than 300 oat-and-raisin biscuits, each packaged with a message reminding recipients they are loved and valued.

On July 17, RSCC representatives delivered the donations to Serenity Senior Services before joining volunteers to hand out the freshly baked biscuits door to door. The



visits were met with warm smiles.

"Mandela Day reminds us of the importance of giving our time and showing compassion to others," says Simoné Botha, RSCC manager of occupational therapy and recreation. "This initiative showed that even small acts of kindness can make a meaningful difference in someone's life."



Get to know me

ELZABE EBERSOHN: RIVER LODGE 2 RESIDENT

Born in 1940 in Alberton, I grew up in Springs, where I completed my schooling and met Wessel, my future husband. We married in 1963 and welcomed our son, Pieter, in 1964. I studied at Goudstad Teachers' College, later completing my fourth year through UNISA and a diploma in remedial teaching. In 1966, I fell pregnant again, but sadly lost our baby shortly after birth. Doctors told me I would never have children again, but in 1968 our miracle daughter, Melinda, was born. Today I am blessed with four grandchildren and seven great-grandchildren. Teaching was my calling. From 1975 to 1988, I served as department head at Randhart Primary School and loved every child I had the privilege of teaching. In 1988, my life changed when an iodine overdose during an angiogram caused a stroke in my pons. After six weeks in ICU, doctors had little hope of my recovery. When I woke up, I could neither move nor speak. Through God's grace and hard work, I slowly rebuilt my life, learning to speak, walk, ride a bicycle and eventually drive. It remains one of the greatest testimonies of God's faithfulness in my life. In 2005, Wessel and I retired to Golden Harvest in Magaliesburg, where we spent 20 happy years together. Sadly, he passed away in October 2025, leaving behind many treasured memories.

FAVOURITE THINGS AND SIMPLE PLEASURES:



My faith in God has always been the foundation of my life. I have enjoyed keeping busy through reading, crafts, pottery, knitting, needlework and crossword puzzles. Music has also been a lifelong passion, and I played guitar, recorder and organ, sang opera and conducted choirs and school performances. I have always loved animals and shared my home with beloved pets, including dogs, a cat and a cockatoo. Cooking for my family brought joy, although I sometimes became so engrossed in phone conversations that I burnt the food! Family holidays and travels with Wessel created many happy memories. My faith remains my greatest blessing.

Keeping residents active and connected

Monday mornings at RSCC are filled with music and movement as residents gather for a chair exercise class that has become a weekly highlight.

Behind these popular sessions are dedicated volunteers Sheryl Emmet (69) and Yvonne Butts (78), whose years of service have touched countless residents. Sheryl, an Edenvale resident, has led exercise classes at Rand Aid's Elphin Lodge Retirement Village for around 25 years and later began volunteering at RSCC. Yvonne moved to Rand Aid's Tarentaal Retirement Village in 2018 and started volunteering at RSCC the following year after learning residents needed assistance with garden walks.

"I had retired and realised that if I was coming to a place like this, I had to have something meaningful to do. It has been a blessing," says Yvonne.

Occupational therapy and recreation manager Simoné Botha says the pair's commitment is invaluable. "Their exercise classes are always full because they create such an enjoyable, welcoming atmosphere."

Held every Monday at 11:00, the sessions help residents maintain strength, balance and mobility, while providing valuable social interaction.

Drawing on her background in ballet, tap, modern dance and aerobics, Sheryl designs exercises suited to residents of varying abilities.

"Chair exercises are ideal for people who don't have good balance. You can still do aerobic movements while seated, along with balance work, arm and leg exercises and twisting movements."

Yvonne also visits residents, offering companionship and a listening ear. Both volunteers have witnessed residents regain confidence and independence through staying active.

For Sheryl, seeing residents achieve things they thought were impossible is the greatest reward. "It gives you purpose," adds Yvonne.

Yvonne Butts and Sheryl Emmet.



Birthdays

RESIDENTS

01 August - Anastasia Issaias	82
03 August - Ethelwynne van Eck	90
11 August - Ann Raats	93
16 August - Lena Woolf	87
20 August - Irvine Sinnett	93
28 August - Maureen Burnhill	93

STAFF

03 August - Simoné Botha
05 August - Portia Mantome
08 August - Nthabiseng Sebata
16 August - Neliswa Khoza
16 August - Ellesen Motloutsi
20 August - Precious Mlimo
21 August - Nkhensani Shibiti
23 August - Ikgetheleng Kunyane
25 August - Tanya Switala
25 August - Karabo Makgopela

* Staff members must please remember to collect their birthday chocolates from reception.

WELCOME TO...

Magdalena Begeman (RL2)
Anne Miller (RL3)
Roger Howells (RL1)
Veronica Grobler (RL2)
Theresa Piccoli (RL2)
Norma du Randt (RL1)

FONDLY REMEMBERED

Peter Olive (CP)
Kingsley Fuller (RL3)
Maria da Silva (RL1)



HEARTS in Action



Brenda Ratema, an enrolled nursing assistant at River Lodge 1, receives this month's Hearts in Action award for being a consistently hardworking and dependable team member who leads by example through her quiet dedication and positive attitude. She lives the HEARTS values in her everyday actions, always putting residents' needs first. She willingly goes above and beyond to ensure residents receive the best possible care, even when it falls outside of her own responsibilities. Her reliability, selflessness and unwavering commitment make a meaningful difference. Pictured: Leanie Bessinger (nursing services manager), Brenda and Carol-Ann McKenzie.